



## **Self Care Handbook Information**

### **What is a self care handbook?**

- ❖ A self care handbook has information on many of the most common health problems you or a family member may face such as ear infections, back pain, diarrhea, and vomiting.
- ❖ The information in the handbook is gathered from hundreds of doctors, nurses, and other health care professionals.
- ❖ Everyone with Team Care will receive a self care handbook.

### **Why should I use the Self Care handbook?**

- ❖ The self care handbook has information about health care that will help you make better health care decisions. The handbook includes advice on:
  - how to recognize symptoms
  - first aid and emergencies
  - home care
  - when to go to your doctor
  - prevention
  - how to work better with your provider
- ❖ As you use the self care handbook, you may find you have questions you want to ask your provider or it may remind you that you forgot to tell your provider about a problem you are having.

### **How do I use the Self Care handbook?**

The handbook has 5 sections, each marked by a different color to make it easy to find what you need. A description of each section is listed below:

- ❖ **Better Care:** This section gives tips on working with your primary care provider, sharing in medical decision making, and becoming better at getting the right medical care at the right time. The color of this section is **GREEN**.

❖ **First Aid and Emergencies:** This includes topics such as bleeding emergencies, dehydration, and seizures. “When to Call a Doctor” and “Call 911” boxes are located at the beginning of each topic to help you act quickly. The color of this section is **RED**.

❖ **Common Health Problems:** The beginning pages of this section have a symptom chart to help guide you to the topic you need. The topics in this section range from Headaches to Chest, Heart, and Lung problems.

Each topic will tell you:

- what the symptoms are
- how the problem can be prevented (when possible)
- home treatment suggestions
- when it is appropriate to contact your health care provider.

The color of this section is **ORANGE**.

❖ **Living Better with Chronic Disease:** This section has information about common diseases you may be dealing with, ranging from asthma to stroke, diabetes, cancer, and chronic kidney disease. The color of this section is **BLUE**.

❖ **Staying Healthy:** The topics in this section include information about:

- healthy eating and exercise
- quitting smoking
- dealing with stress
- immunizations
- wellness exams and screening tests
- safety

The color of this section is **PURPLE**.

## **What should I do if my doctor tells me something different than the self care handbook?**

❖ **No book can take the place of your doctor.** Follow the instructions given to you by your doctor even if it is different than the book. The self care handbook does not take the place of your doctor’s medical advice, diagnosis, or treatment.

### **What if the book tells me not to go to my doctor but I don't agree?**

- ❖ If the handbook tells you not to get medical care but you still feel you need to see your doctor, please call the toll free, 24 hour, Nurse First Advice Line at 1-800-330-7847 or contact your doctor's office.

### **Where should I keep my Self Care Handbook?**

- ❖ Keep your self care handbook in a safe place at home that will be quick and easy to get to in case of an emergency. It's also a good idea to keep a list of your prescription medications and medical conditions next to your self care handbook so you have everything in one place.

**For more information about Team Care please go to the Team Care link located on [www.medicaid.mt.gov](http://www.medicaid.mt.gov) or contact the Medicaid help line at 1-800-362-8312, Monday through Friday, 8 a.m. – 5 p.m.**